



The Ring Automotive Eccup 10 Mile
Incorporating the 2012 Yorkshire 10 Mile Championships
for Men & Women
Sunday July 15th 2012 at 9.30 am

Thank you for entering this year's Eccup 10. This is the 8th year of this popular road race in its present form, although the race actually dates back to 1993. We are delighted that this year the race has a new sponsor, Ring Automotive, and, for the first time, the race incorporates the 2012 Yorkshire 10 mile Championships for men & women. At a time when many road races are disappearing, we are especially pleased to be able to stage the Eccup 10, the fun run and junior road races once again.

Race headquarters and facilities (toilets, changing rooms, baggage store, showers, bars, late registration and prize giving) will be at the Adel War Memorial Association (AWMA) (directions below and on our web site www.abbeyrunners.co.uk). Parking will be at the Bedquilts Recreation Ground; just five minutes' walk from Race HQ (details below).

We are grateful to all our sponsors for their help this year, not the least, Ring Automotive. The generous support they give us not only ensures that the race can be staged, but also ensures that we continue to support local charities; in recent years we have raised over £20,000 for worthwhile causes. Hollybank Trust and Wheatfield's Hospice are our two chosen charities for this year.

On behalf of Abbey Runners, I wish you the best of luck with your race this year, whether you are a first timer or an old hand, and I hope that we will be able to welcome you back for many years to come.

Martin Browne, Race Director
(email: eccup10@abbeyrunners.co.uk)

There will also be 1 and 2 Mile Junior Road Races and an off-road Fun Run.
Full details of these races can be found on the Abbey Runners web site
(www.abbeyrunners.co.uk).

Thank you to our sponsors for their support with this year's race

White Acres
Corporate Advisory Limited
www.whiteacres.uk.net

Azram's
Sheesh Mahal
Fully Licenced Restaurants
Leeds



Hallam
SOLICITORS

Deloitte.

epiphany
www.epiphanysearch.co.uk



FACILITIES

Everything you need both before and after the race is to be found at Race HQ at AWMA. There should be adequate toilet and changing facilities for everyone – just leave enough time to jog from the car park at Bedquilts to AWMA (about 5 minutes) and from HQ to the Start (about 3 minutes). Announcements will be made at appropriate times.

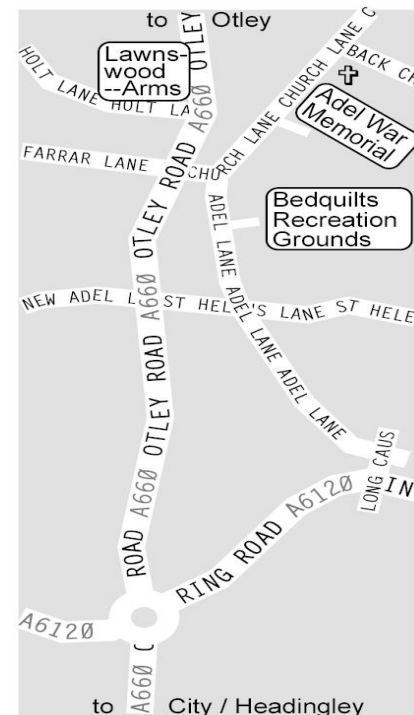
Please note that the start time is 9.30 a.m. for the Eccup 10.

HOW TO FIND US

Race HQ is at the Adel War Memorial War Association Sports and Social Club, which is located on Church Lane, Adel, LS16 8DE. We are situated to the north of the Leeds Ring Road (A6120), about 5 miles from the City Centre.

Parking for the race is at **Bedquilts Recreation Ground**, which is a 5-minute jog/walk from Race HQ. The start of the race is located between the two. Everything will be signposted on the day and marshals will be available to provide assistance. There should be adequate space for everyone at Bedquilts so we would encourage you, out of consideration for local residents, to park your car there. There is no parking available at Race HQ.

From the centre of Leeds, take the A660, cross the Ring Road at West Park, continue one mile to the traffic lights, turn right into Church Lane and immediately right into Adel Lane. Coming from the East, leave the Ring Road at the West Park roundabout, turning right, signposted A660 Otley. From the West, turn left (A660 Otley) at West Park Roundabout. Coming from the North, turn left into Church Lane at the traffic lights just after the Lawnswood Arms.



RACE NUMBERS

If you entered online, you will need to collect your race number on the day from the Race HQ. If you entered by post and enclosed a SAE, then your race number will have been sent to you.

Please wear your number on the **front** of your running vest or shirt. Where more than one number is enclosed in the envelope, names have been written on the back of the number.

Please ensure that you wear the correct number. Do not give your number to anyone else. If you wish to transfer your number to another runner, this can be done on the day at Race HQ. There is no charge for this service.

Please write your contact details on the back of your number in case of emergency.

THE ROUTE

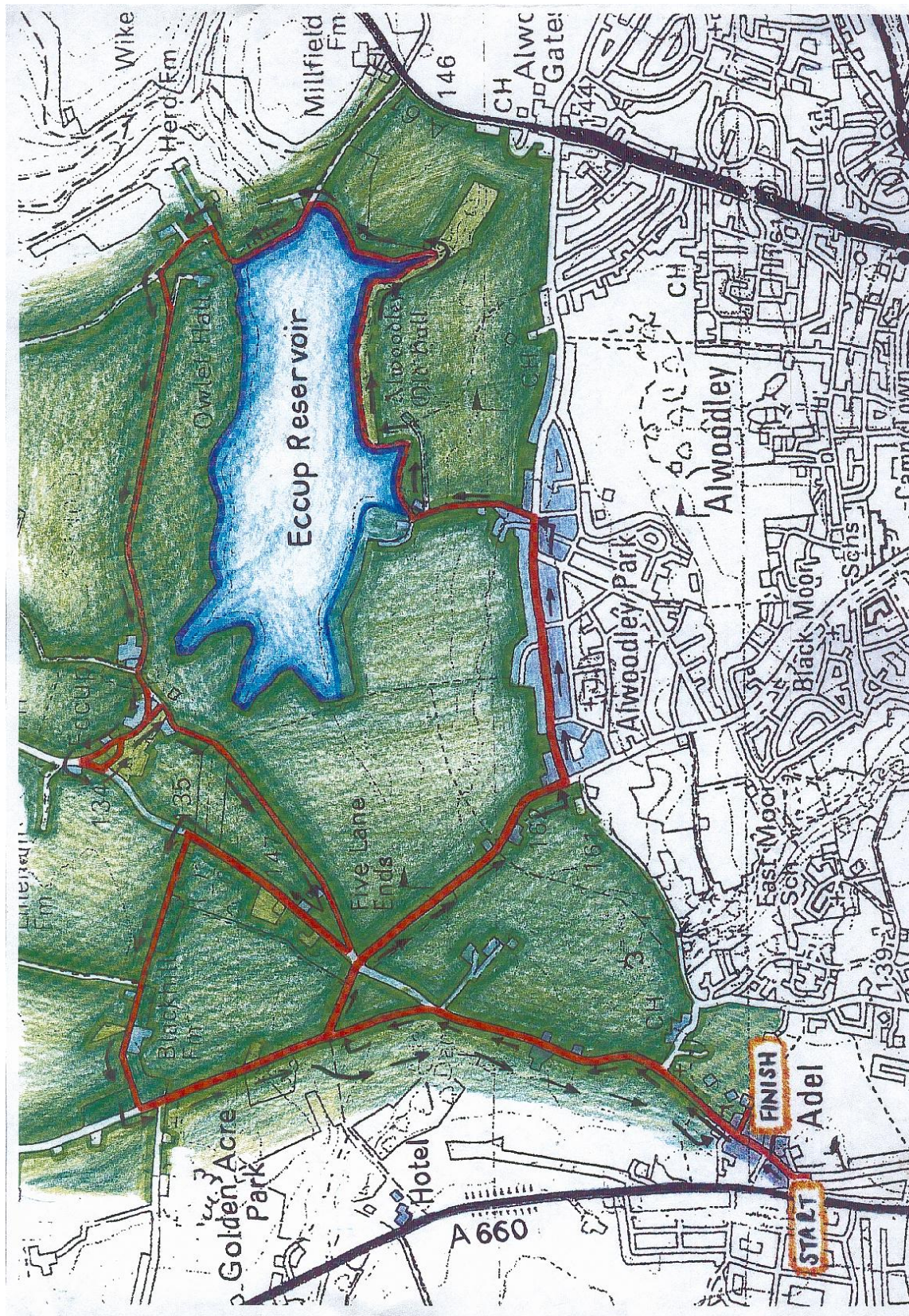
The route is a certified 10 miles, mainly on road (about 1 mile is on good quality paths around Eccup Reservoir). A map is reproduced below.

From the start, the route is:

- out along Church Lane and Eccup Lane
- right into King Lane (which will be closed to traffic)
- left into Alwoodley Lane
- left off Alwoodley Lane down a short, sharp descent to the reservoir
- right and then around the reservoir
- down to, and a short loop around, Eccup village
- back on to Eccup Moor Road and the loop of Eccup Lane, Black Hill Lane and Arthington Road
- the final stretch retraces the outward section down Eccup Lane to finish at AWMA

Please take care and follow marshals' instructions

Course map



WATER STATIONS

There will be **three water stations** at approximately the 3 mile, 6 mile and 8 mile points. There will be water available at the finish.

RESULTS

Results will be displayed at AWMA as soon as possible after the finish. They will also be available online at www.abbeyrunners.co.uk and www.ukresults.net.

Prize giving will take place at around 12.00 noon in the Main Hall at AWMA. Please come and enjoy the facilities; refreshments will be available. Please check the results to see if you have won an award and inform the organisers if you are unable to collect it.

PRIZES

Prizes will be awarded in the following categories:

- | | |
|--|--|
| ▪ Male Open (1 st , 2 nd , 3 rd , 4 th , 5 th , 6 th)
There will also be a trophy for the winner | ▪ Female Open (1 st , 2 nd , 3 rd , 4 th , 5 th , 6 th)
There will also be a trophy for the winner |
| ▪ M40 (1 st , 2 nd , 3 rd) | ▪ F35 (1 st , 2 nd , 3 rd) |
| ▪ M45 (1 st , 2 nd , 3 rd) | ▪ F40 (1 st , 2 nd , 3 rd) |
| ▪ M50 (1 st , 2 nd) | ▪ F45 (1 st , 2 nd) |
| ▪ M55 (1 st , 2 nd) | ▪ F50 (1 st , 2 nd) |
| ▪ M60 (1 st , 2 nd) | ▪ F55 (1 st , 2 nd) |
| ▪ M65 (1 st) | ▪ F60 (1 st) |
| ▪ M70 (1 st) | ▪ F65 (1 st) |
| ▪ Male Team (3 to count) (1 st) | ▪ Female Team (3 to count) (1 st) |



The YCAA championship awards medals to the first 3 males and 3 females who meet the eligibility criteria: born or resident for 9 months minimum in West, North or South Yorkshire

We hope that that this leaflet provides you with all the information that you need. However, if you have any problems or questions, please do not hesitate to e-mail us at eccup10@abbeyrunners.co.uk.

Check our website (www.abbeyrunners.co.uk) for latest information and results



Do you want to get fit or fitter? To train hard or harder? To run with people like you?
Then come and try **Abbey Runners**

Our regular group runs are on a Tuesday, meeting at 7:50pm, when we run for about an hour from AWMA. We also have coached training sessions on a Thursday. These sessions cater for all abilities. As well as road running, we also take part in cross country, trail and fell running. And there are frequent social events.



You'll be welcome at Abbey Runners